The Ageless Taekwondo Program, developed by an accredited Exercise Physiologist, uses modified Taekwondo exercises to address:

› falls prevention
› cardiovascular and musculoskeletal health, and
› social and psychological well-being.
Benefits of the Program

› Developed by an accredited Exercise Physiologist
› Facilitated by nationally accredited instructors in a safe, accessible, community environment
› Affordable
› Meet new people
› Develop new physical and mental skills
› Build strength and fitness
› Decrease your falls risk
› Become a member of the Australian Taekwondo Community

Come along to find out how the sport is improving the health and happiness of older Australians.

For more details, please contact: